



BORDER BATTLE

STEP CHALLENGE

Congratulations Kentucky!

Kentucky Employees' Health Plan members pulled out a narrow victory (but hey, a win's a win!) against Indiana in the first Border Battle step challenge. Kentucky won the challenge by 562 daily average steps over Indiana. It was down to the wire and every step you took and logged counted toward our victory!

Together, the **13,262 participating members** logged over **3.1 billion steps** during the month of May. That's over **59 times** around the world, and approximately 3,869 trips from the eastern to the western tip of Kentucky!

Kentucky (8,530 team members) **7,754** average steps

Indiana (4,731 team members) **7,192** average steps

And our grand prize winners are...

Congratulations to our grand prize winners! They'll receive 5,000 Vitality Bucks! Each Border Battle participant received one entry in the prize drawing for each day of the challenge they took 10,000 steps.

Kimberly Shope
Allen Hancock
Lisa Brewer
Christine Shepard
Susan Martin

Keep on movin' and share your success!

- Remember the best way to eat an elephant? Break up your long-term goal into smaller milestones. Little victories, like dropping a pound a week or running an extra minute without stopping, will fuel your momentum.
- Mix it up! If the same ol' routine gets boring after a while, try something new - like dancing, hula hooping, throwing ball with the kids, hiking. You may find a new passion!
- Schedule a regular workout time. Sit down with your weekly schedule and try to build an hour each day to be good to your body.
- Attach a date to your goal. Nothing says motivation like a looming deadline! But make sure your goal is realistic and you can actually adapt your schedule and commitment level to meeting the goal.
- Find more and share your success at LivingWell.ky.gov.